



# MSU Extension Online Resources for Our Northern Michigan Community

**MSU Extension Remote Learning & Resources Website - [Click Here!](#)**

## ONLINE PROGRAMMING:

Local Lawn & Garden Q&A  
Every Wednesday, 11am-1pm  
(see page 2 for details)

[Navigating Money Challenges](#)  
Ongoing

[Food Preservation Series -](#)  
Thursdays

(type "preservation" in the search bar to find class info)

[Septic System 101](#)  
During Stay at Home

[Guiding Principles](#) for Highly  
Successful Parenting

[Smart Gardening 101 -](#)  
Vegetables

[Powerful Tools for Caregivers:](#)  
Parents of Special Needs  
Children

**For youth:**

[Ocean Explorers](#)

[HOMES @ Home series](#)

[Zipping Around the Zoos](#)

[National Parks Virtual Tour](#)

**For older youth:**

[Home Alone - Safely](#)

[Speak Out! Stand Out!](#)

4-H Public Speaking Course

[Tik Tok Dances with H & H](#)

## Health, Wellness & Relationships

[Cabin Fever Conversations](#): lighthearted, but educational conversations about gardening

All About Bleach: [Facts and how to's](#)

[Exercise and physical activity](#) and a [Workout To Go](#) for older adults from the National Institute on Aging

Importance of Positive Parenting [in Times of Crisis](#)

## Food & Nutrition

Parsnips are delicious, healthy root vegetables that are often overlooked. Check out this [quick guide!](#)

[Resources](#) to help you and your family locate food assistance during the novel coronavirus outbreak

Does washing foods make them safer? Follow [these recommendations](#) for safe handling of certain types of foods

When yeast is hard to find, try this easy, no-yeast [pizza dough recipe!](#)

## Youth Wellness & Learning

Calendar of online learning for youth and resources for parents [here](#)

Experience plants with [Beanie Baby in a Bag](#)

Junior Master Gardener [Virtual Group](#)

[Top 5 tips](#) to keeping youth safe in virtual environments

[4-H Children's Gardens Seeds of Science](#): fun activities that also teach how important plants are to all of us everyday

## Community Resources

[Simple Garden Plans](#): designed for the Grand Traverse region, reminiscent of the "Victory Gardens" planted during World War I and II

TBAISD Region Food Service & Distribution [Schedules](#)

The Veteran Outreach team at MSU Extension compiled [this list](#) of resources for veterans and their families

Learn about [lakes, streams, and watersheds](#) with MSU Extension

**Connect on Facebook for more programs and resources**  
[Grand Traverse County MSU Extension](#)

Updated 4-30-2020



**LAWN & GARDEN Q&A**  
with Extension Master Gardeners  
& Dr. Nate Walton  
Every Wednesday  
11am - 1pm  
live via Zoom

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